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Sophie Gregoire Trudeau
Help — not sexist punditry — wanted
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TREATS FOR THE STREET

We asked you how you'd develop Wellington West
metroNEWS

ALL PHOTOS BY HALEY RITCHIE/METRO

Gym-goer 'humiliated'

CONFRONTATION

Woman says chest size at the centre of tank-top spat

Joe Lofaro
Metro | Ottawa

An Ottawa woman says she was humiliated and "body shamed" when staff at an Orleans gym said her chest was "too large" for her tank top.

Jenna Vecchio was working out with her husband on Saturday at Movati when a female supervisor confronted her about her attire. She was told people complained about her top.

Vecchio says she was embarrassed and confused, since other women wore similar tops. She and her husband left without finishing their workout.

"I felt humiliated," Vecchio told Metro.

She was told she could finish her workout — in a T-shirt.

Movati spokesperson Sean Whittal says members are asked to wear "modest athletic attire," and Vecchio's top was seen as contrary to the gym's dress code.

"While in no way did we intend to embarrass her, we did feel we had to address the issue," Whittal said in an email.

The gym says it is looking into the matter.

Jenna Vecchio JOE LOFARO/METRO

metro NEWS

Your essential daily news

Hudson's Bay going Dutch with store openings in Netherlands. **Business**

Beau's brewery is being sold – to its employees

BEER

Company to sell shares to 150 full-time staffers

Lucy Scholey
Metro | Ottawa

For its 10th anniversary, Beau's brewery is gifting its employees a rare present.

The family-run Vankleek Hill company will start selling shares to its 150 full-time staffers, effectively making them co-owners.

It's a way to protect the brewery from being gobbled up by a mega beer company.

"A lot of our employees — like a lot of our fans — have been more and more concerned that the brewery is becoming a target for acquisition," said Steve Beauchesne, CEO of Beau's All Natural Brewing Company.

"This is a very concrete way that we can prove to them that we intend to remain independent."

Currently, Beauchesne and his dad, Ted, own about 60 per cent of the company.

A group of investors — including early employees, friends and family members — make up the rest. The company will start asking those investors if they want to sell their shares. About four to five per cent of the company will be available to employees in the first year.

If the company goes up for sale, the employees will be able to vote.

Steve Beauchesne is 40 years old, but he sees this as an exit strategy in the distant future. His dad already has one in mind. It involves transitioning his shares to Steve and his siblings, Jen and Philip.

There's a sense of camaraderie among microbrew businesses that's often lost in bigger beer companies, said Beauchesne.

"It shouldn't be anyone's exit strategy in the craft beer market to sell to a major brewery."

"Independence should be built into the DNA of a real craft brewery."

This is just one of several announcements Beau's will make as part of its 10th anniversary.

Rapper k-os enjoys a glass of his Golden Vox beer, brewed by Ottawa-area brewer Beau's. Beau's is joining many other craft beer pioneers by putting the company up for sale. BRENDAN COUTTS/BEAU'S

THE BUSINESS

'An industry that's stable'

Beau's new plan to sell shares to its employees is a rare business move for small companies in Canada.

But the Employee Share Ownership Plan (ESOP) model is a growing trend in family-owned businesses, according to an expert in the field.

Hashmat Khan, an associate professor in economics at Carleton University, says retiring baby boomers may turn to the ESOP model to protect their brand for future generations.

"They care about their product. They care about their name," he said.

From a pure business point of view, it may not make sense. Selling to a big company would likely rake in big bucks. But for those business owners who want to leave a lasting legacy, the ESOP model is one way to go.

CARLSBAD SPRINGS

Questions still buzz around landfill

Questions continue to swirl around an industrial landfill planned for Carlsbad Springs – but the fate of the controversial proposal is now largely out of the city's hands.

That's because the province has the ultimate say on the proposed Capital Region Resource Recovery Centre, which is planned for Boundary Road and Highway 417.

On Tuesday, all the environment committee members could do was approve a list of staff and councillor comments on the facility.

Taggart Investments Inc. and Miller Waste Systems Inc. want to build a privately owned recycling and landfill site capable of processing up to 1,500 tonnes of industrial, commercial and institutional waste per day.

The facility would accept waste from Ottawa and eastern Ontario.

Neighbours are worried the developers will forgo the recycling component and turn the site into a dumping ground. City staff have outstanding concerns too, including air quality and noise, public health, leachate and surface water.

Council will vote on the comments on May 25.

LUCY SCHOLEY/METRO

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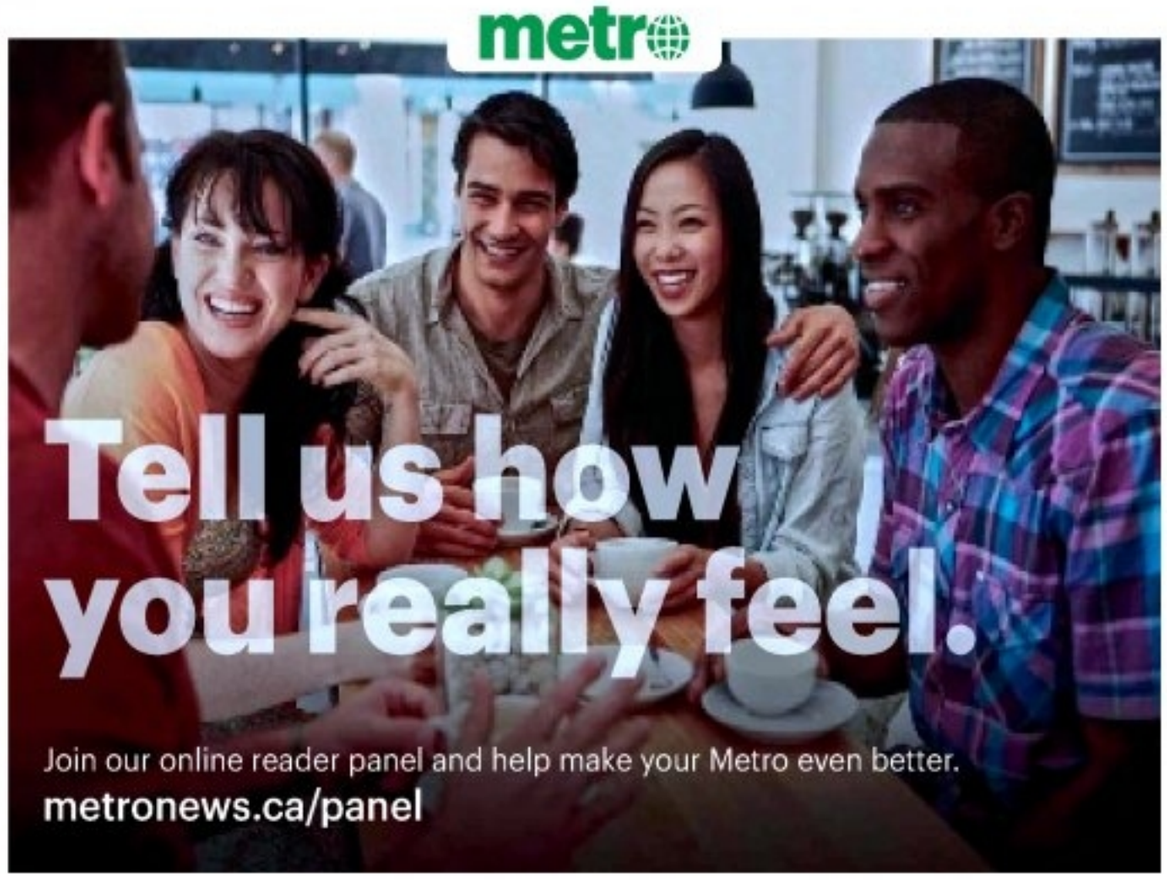


DEMOCRACY

Liberals look to cut political donations

Ontario is moving to tighten the rules on political fundraising with legislation that would ban corporate and union donations and reduce the amount individuals can contribute to parties.

The bill would also impose contribution and spending limits for the first time on leadership contests and candidate nominations, and create new spending limits on so-called third parties before and during election periods.

Individuals would be able to contribute a total of $7,750 to each party and its candidates and riding associations in an election year, or about $6,200 in non-election years.

Current political donation limits in Ontario are $9,975 for a political party, $6,650 to the candidates of a party and $6,650 to the constituency associations of a party, but the rules often allow multiple contributions.

$1M

Proposed limit for advertising during six months before an election

The Liberals want a new advertising spending limit of $1 million on parties for the six months before a scheduled election, but there are no new overall spending limits proposed for parties during campaigns or afterward.

The legislation will get four weeks of public hearings this summer and a second round of consultations after second reading in September.

The government bill also proposed that taxpayers give each party a $2.26 per vote subsidy each year to offset the lost donations from companies and unions, which would be reviewed after five years. THE CANADIAN PRESS

TREATMENT

Expert responds to autism defunding

A doctor who led an expert report on autism that the Ontario government is using to justify a controversial funding decision is speaking out, albeit cautiously.

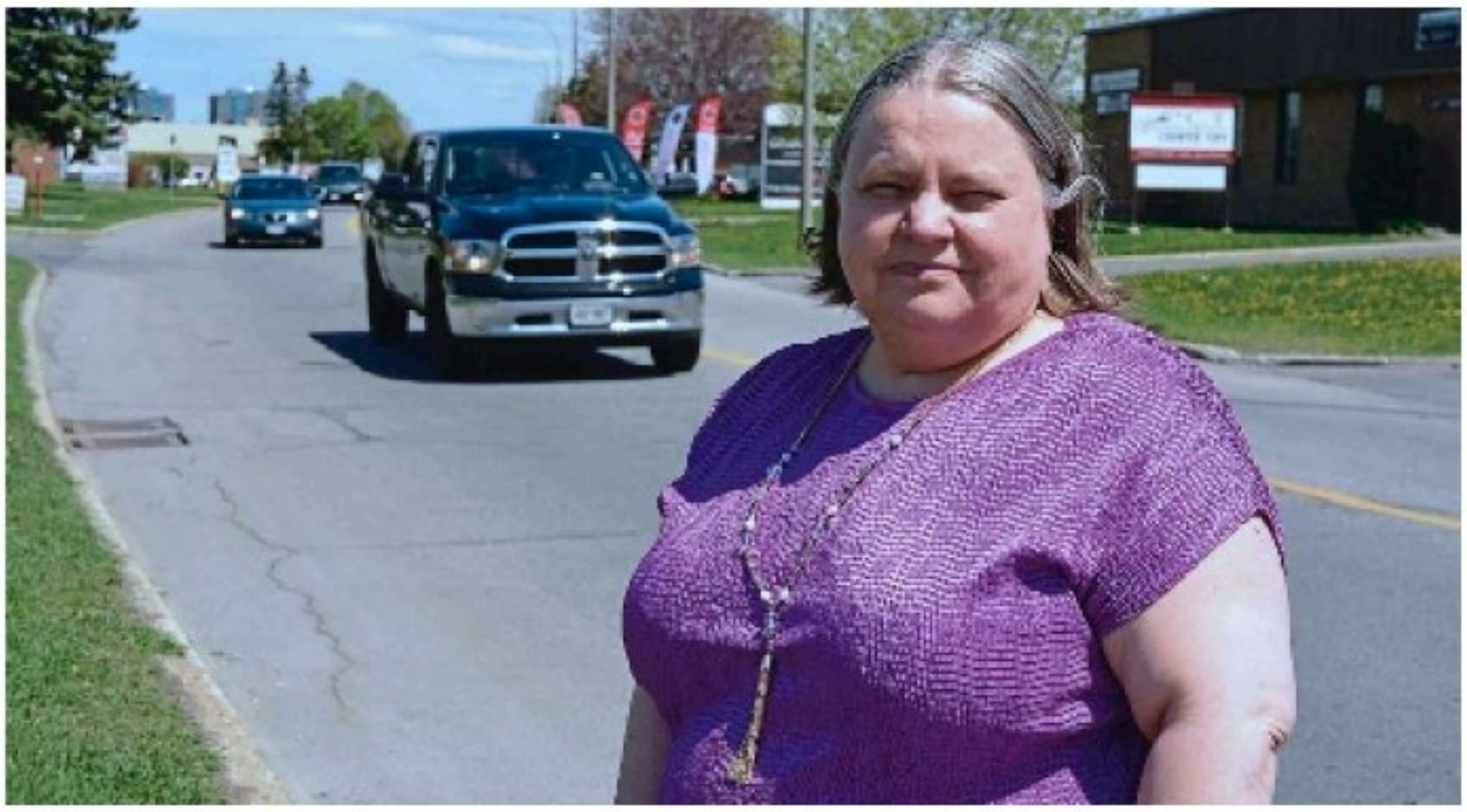
Ian Dawe was the chair of an expert committee that made several recommendations to the government, including that early Intensive Behavioural Intervention (IBI) be provided to kids between the ages of two and four.

The government has decided, as part of a new Ontario Autism Program, to defund IBI for kids five and over, instead transitioning them to "enhanced Applied Behavioural Analysis" treatment.

But parents whose children had waited for years on the IBI wait list, only to be removed after the new program was announced, are protesting the changes.

They point to tweets by Dawe — who is no longer the chair of the committee — saying there is "no evidence" a woman's six-year-old son with autism "might not benefit" from IBI as proof the expert advice contradicts the government's decision.

But Dawe says in an email that he stands behind the report and that the committee "had no mandate to advise government on funding decisions, the specifics of which were and are the government's sole discretion." THE CANADIAN PRESS



Ginette Trottier with Parkinson Canada says clients have quit her organization's support groups because it's too unsafe to walk to the office. EMMA JACKSON/METRO

Too dangerous to go for treatment

ACCESSIBILITY

Safety walk to highlight risk near centres for disabilities

Emma Jackson
Metro | Ottawa

For a street that serves so many vulnerable people, Colonnade Road S. isn't very accessible.

The Ottawa Disability Coalition will lead a walk through the Nepean business park Wednesday morning to showcase just how unsafe it can be for clients accessing appointments without a sidewalk or a bus stop.

The only sidewalk on the street is a 270-metre stretch at the far west end.

Yet the street is home to the Parkinson Society of Eastern Ontario, which hosts exercise classes and support groups, and Total Communication Environment, which offers programs for adults with disabilities. Both are about 500 metres from the sidewalk.

The problem, according to Parkinson Canada's community development co-ordinator Ginette Trottier, is that the closest bus stop to her office is 500 metres away and there's no sidewalk to help clients walk there safely.

> **"(In winter) you're literally walking a couple feet from the yellow line.**
> Ginette Trottier

Clients with a wheelchair, walker or cane are forced to walk in the busy road, she said, because the grass is often uneven or soggy. In the winter, it's "entirely impossible" to navigate the snowbanks but also too dangerous to walk in the narrowed street. Add in some on-street parking and "you're literally walking a couple feet from the yellow line," Trottier said.

She said some clients have stopped coming to programs because it's too unsafe.

The walk organizers have invited Coun. Keith Egli, OC Transpo staff and public-works managers to join them Wednesday at 10:30 a.m. at 229 Colonnade Rd. S.

While sidewalks are admittedly expensive, Trottier said there are "easy fixes" that won't break the city's bank: limiting winter parking, for instance, and adding a bus stop closer to the street's west end.

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Sprucing up Wellington Street

The Wellington West BIA has put out a call to residents and businesses asking for "small-scale" ideas on how to improve the street. HALEY RITCHIE/METRO

CITY PLANNING

BIA will hand out four $500 grants based on residents' ideas

Haley Ritchie
Metro | Ottawa

Wellington Street — home to quirky vegetable-fire-hydrant statues and many a trendy eatery — is looking for a new experiment to liven up the neighbourhood.

The local business improvement area put out a call to residents and businesses asking for "small-scale" ideas on how to improve the street. The BIA wants to put city-planning efforts into the hands of residents, with four $500 grants to improve areas along the main street.

"The purpose of this project is to enhance the resident or visitors' experience as they move through the area by creating almost a little oasis or eddies as you move through the area," said Zachary Dayler, executive director of the Wellington West BIA.

"We can hire architects and we can hire planners — and we've done that and gotten great results — but at the same time are we missing some of the smaller things that make a huge difference for people?"

The BIA has selected 10 different areas along the street that could benefit from a distinctive improvement. Four ideas, chosen from submissions on the BIA's website, will be finalized.

The possibilities are endless, as long as the idea fits into a $500 budget and is safe for traffic and pedestrians.

"What the BIA is really after is creating a better place for residents and visitors, whether it's through an art project or some form of intervention like lighting or flowers. It could even be a big checkerboard on a corner," said Dayler.

Small-scale infrastructure products, including a ramp to make the sidewalk more accessible, are also welcome.

"We don't want people to overthink it. We want to see some action and to take action. The idea is we'll get some responses that we can put $500 behind and say, 'Go make it happen,'" he said.

The projects will be temporary — for now. After the grants are handed out the ideas will be implemented over the weekend of June 3-5.

Dayler said if they end up being successful the BIA will consider keeping them up for the summer.

WE ASKED YOU: WHAT WOULD YOU PUT ON THE STREET?

I want bigger street signs, but $500 might not be enough. It's hard to see where you're going, especially if you're making a turn last-minute.

Marlynda Balthazar, visiting for Suzy Q donuts

I don't know.... A giant statue of a donut?

Jonathan Mayangi, visiting for Suzy Q donuts

Anything free to the public; benches, artworks. There's been a huge amount of gentrification to the area in the past few years but there shouldn't be a lack of things to do for free. Human-sized chess would be awesome.

Myles Leach, works in neighbourhood

There's a really cool project going on on Somerset Street, they're creating a parklett. They're taking a parking space and turning it into a little park. I would love to see something like that here and $500 would be a start.

Nader Kaddour, works in neighbourhood

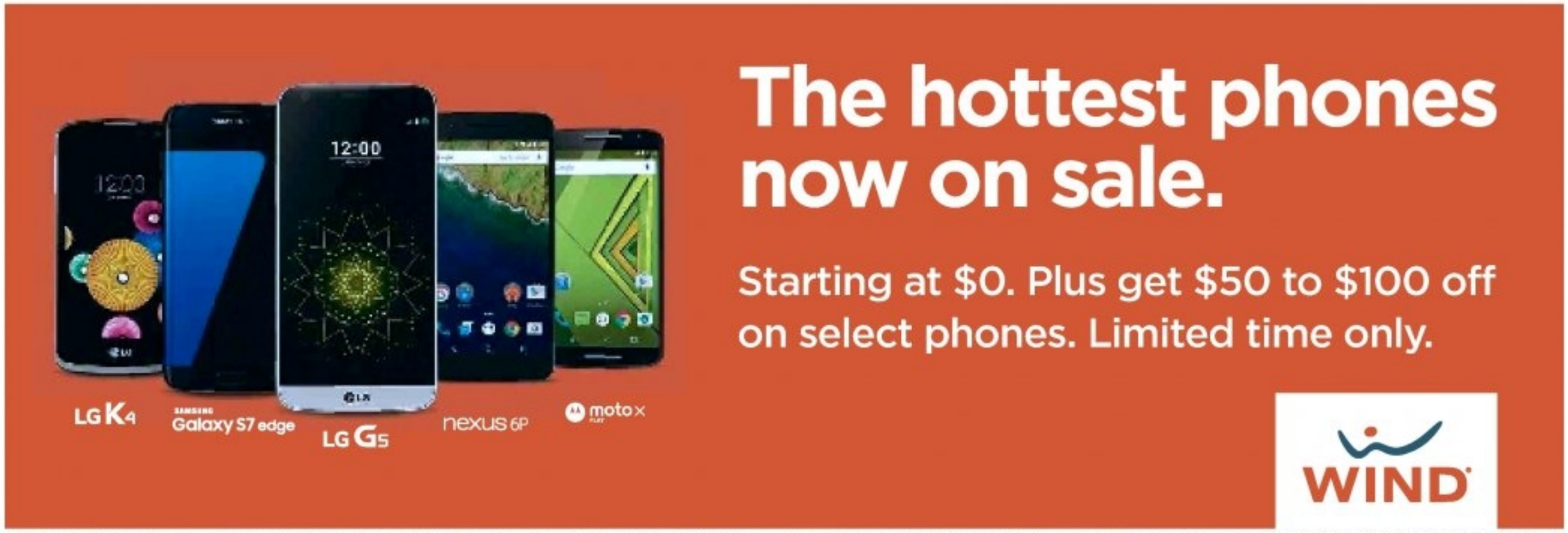
The No. 1 for this street is a bike path. I know it's a little ambitious, but so many people bike on this street, there's tons of bike shops, but actual biking is really hard. Benches and more trees too.

Katrin Emery, lives in neighbourhood

Maybe put more planters up. Not just flowers but also vegetables. Something useful.

Tina Le Moine, lives in neighbourhood

PHOTOS: HALEY RITCHIE/METRO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Evacuation frustrates workers

ALBERTA

Wildfires near Fort McMurray grew to 355,000 hectares

Helen Pike and Jeremy Simes
Metro | Calgary

Fort McMurray-area fires have stopped oil and gas companies in their tracks as 8,000 workers, some flown in the same day, were forced from camps with the imminent threat of danger.

Matt Breen has been away from his two daughters since February working in Fort McMurray when he was evacuated. But it wasn't long before his company called him back from New Brunswick, asking if he wanted to fly up for a few more weeks and finish the job.

"I didn't really do any research to see what was going on with the fire, I just assumed it was done, I didn't think it was that bad," Breen said. When he landed at Firebag airport he could smell and feel the smoke in the air, but didn't think much of it.

Flames and smoke rising off Highway 63 outside Fort McMurray, Alta., on May 7. AFP/GETTY IMAGES

Breen said he was about to go get something to eat Monday night when the fire alarm went off and announcements came over loud speakers to let workers know buses were on their way and the fire was headed towards the camp.

Bryan Wheller was evacuated on Monday just up the road from the flames at Noralta Lodge.

He flew out to the Noralta lodge and witnessed the chaos firsthand as camps short on buses and busy with staff scrambled to evacuate for the second time.

Wheller said there weren't enough buses to take all the evacuees, so he waited near the Noralta camp for about six hours.

"They wouldn't tell us what was going on," he said. "I just think it's ridiculous.

On Tuesday, government officials assured evacuees that planes and buses will be made available to fly or drive them out.

Premier Rachel Notley told reporters the fire grew to 355,000 hectares overnight from 285,000 hectares, adding Noralta and Birch Creek lodges are currently at risk as firefighters focus on saving those facilities.

The majority of evacuees were ordered to go north, where many of them wound up two weeks ago when they fled their homes.

Wheller said the push to flee north made no sense.

"They didn't really have an evacuation plan," he said. "If they didn't know, why not bus them down south where there are more services?"

Flames are expected to head eastward to a Suncor facility north of Fort McMurray, though officials say the Suncor site is protected by the Athabasca River.

But the blaze will also encroach on Highway 63, trapping evacuees up north until it's safe to drive south.

When asked if it was a mistake for some workers to be recently flown to camps near Fort McMurray, Notley said many workers had already been in the area and others were flown last week.

"They were many miles away from the city," she said. "What we've done as a result is watch the fire, and when it started to become a threat, (officials) in the Fort McMurray area issued evacuation orders."

Suncor spokeswoman Sneh Seetal said the energy company thought the area was safe for workers to return, based on the information it had and continues to work with the government.

OILSANDS

Experts say facilities are safe

Wildfires that ravaged some neighbourhoods in Fort McMurray are now chewing through the wilderness further north, where major oilsands projects are located. But experts and officials say they aren't expecting serious harm to the oil-producing facilities. Here's why:

There's a built-in buffer zone: Oilsands projects are built in such a way that there's a lot of empty space between facilities and forest. There's little in the way of fuel at the industrial sites to feed the ravenous flames.

Bitumen doesn't catch fire easily: Fire needs oxygen to grow, and there's no way for it to get into the oil-soaked sand and clay, said Raj Mehta, a professor of oil and gas engineering at the University of Calgary.

The dangerous stuff is underground: Oilsands projects rely on natural gas and diluent, a very light petroleum product, to make the tarry oilsands crude thin enough to flow through pipelines. The pipes that carry those substances are buried underground.

THE CANADIAN PRESS

METRO EXPLAINS

What to know about the transgender bill

Elisha Dacey
Metro | Winnipeg

The Liberal Government introduced legislation Tuesday that will protect the rights of transgender people.

WHAT IS IN THE BILL?

The legislation includes provisions to make it illegal to discriminate against someone in the workplace simply because someone identifies as a different gender, and would see the Criminal Code updated to extend hate speech laws to protect transgender people.

WHAT DOES IT MEAN FOR TRANS PEOPLE?

This means if someone is targeted in a crime because of their gender identity or gender expression, judges (whether it's a human rights complaint or a criminal trial) would have to consider that aspect of the crime as an aggravating factor.

HOW WILL IT BE ENFORCED?

Similar to current enforcement around any hate speech or human rights violation law. It would simply mean gender identity and expression would also be protected under the law.

WHAT CAN BE IMPROVED?

Several advocates say this is an important first step but it's impossible at this point to know how effective it will be.

ANYTHING ELSE?

The law was introduced on an important day – the International Day Against Homophobia, Transphobia and Biphobia.

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IN BRIEF

Latest attacks in Baghdad kill 69 people

A wave of bombings struck outdoor markets and a restaurant in Shiite-dominated neighbourhoods of Baghdad on Tuesday, killing at least 69 people, officials said — the latest in a string of attacks claimed by Daesh which have left more than 200 dead the past week.

THE ASSOCIATED PRESS

CRISIS

Migrant smuggling worth $6B

Smuggling networks cashing in on the huge flow of migrants into Europe had an estimated turnover last year of up to $6 billion, international law enforcement agencies said Tuesday.

They said that the number of people trying to reach the European Union is expected to increase, with some 800,000 waiting in Libya to cross the Mediterranean. More than 1.2 million people applied for asylum in the EU last year.

A summary published Tuesday of a joint Europol and Interpol report also warned: "There is an increased risk that foreign terrorist fighters may use migratory flows" to sneak into Europe. It noted that two extremists involved in the deadly rampage in Paris on Nov. 13 last year entered the EU through Greece as part of the influx of migrants from Syria.

Europol said an estimated 90 per cent of all migrants entering the European Union have their trip facilitated by smugglers, sometimes helped by corrupt officials paid off to ensure boats are released and vehicles allowed to pass borders.

Europol Director Rob Wainwright said the report "describes the huge role played by organized-crime networks in the migration crisis and sends a clear message to the EU and its member states that we must combat these networks in the strongest possible terms."

THE ASSOCIATED PRESS

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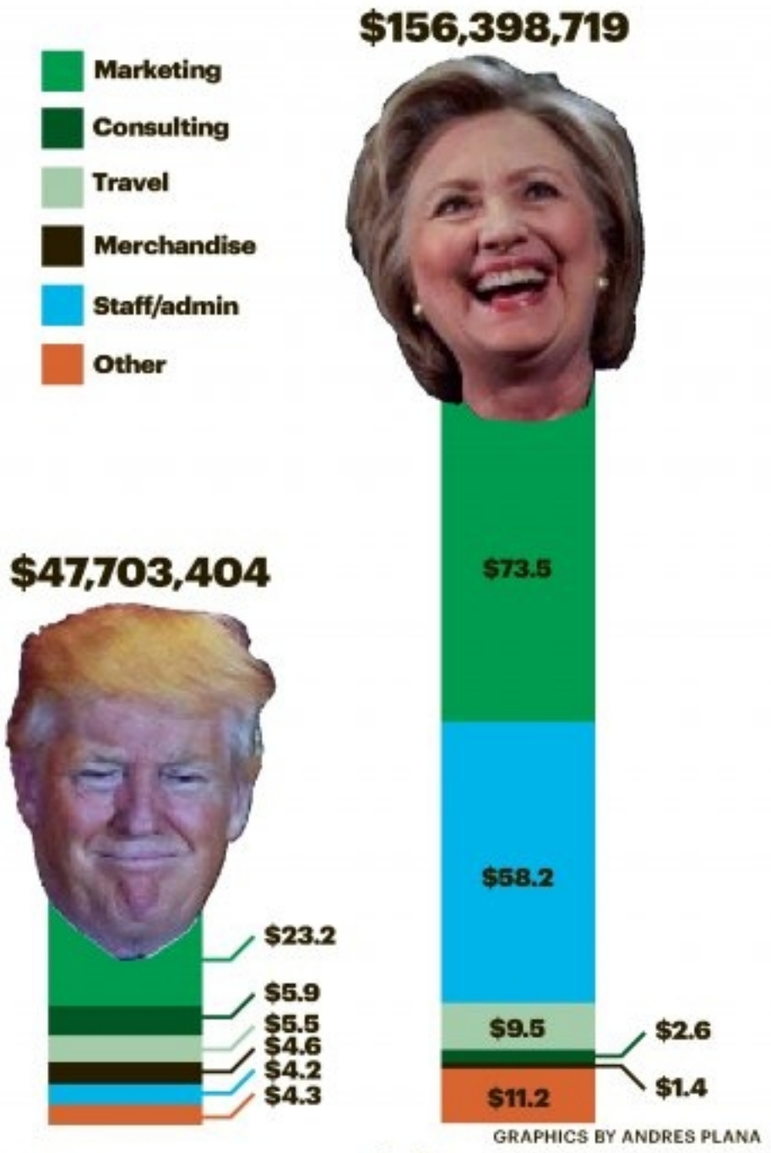

GRAPHICS BY ANDRES PLANA

Spending sets records

CAMPAIGN

2012 election set records, this one will be no different

Mitt Romney won the Republican primary. Then he became an invisible man.

The 2012 presidential election was four months away, then three, then two. Romney trailed in the polls. Yet his schedule of public events was tiny, the candidate nowhere to be seen for hours on end. Unless you had a pile of cash to spare.

Romney was theoretically running for president. In reality, he was spending most of his summer trying to convince rich people to give him money.

The 2012 campaign set a record for U.S. election spending: $7 billion. Four years later, there has never before been so much candidate talk about the evils of money in politics — and this campaign will almost certainly set another record.

Some of the cash will go to old-fashioned staples like yard signs and brochures and drab offices and the organizers to staff them. Some will go to social media monitoring and voter micro-targeting. But by far the biggest chunk will go to TV ads.

Even though those ads almost always have a small impact on the outcome. But they do it for the same reason people climb Mount Everest, said Tom Korologos, a Bush donor and former ambassador to Belgium.

"Because it's there," he said.

The money is there in large part because of Citizens United — the 2010 Supreme Court decision that lets corporations give unlimited sums to Super PACs, quasi-independent spending groups that are free to run ads promoting particular candidates.

It's also there in part because George W. Bush and Obama decided to do their own fundraising instead of using the public financing system.

This presidential election could be cheaper than expected. After insulting big donors and failing to invest in fundraising, Donald Trump may find it difficult to secure the $1 billion Romney and Obama did and Hillary Clinton easily will. But that doesn't mean activist Republican tycoons are going to squirrel away their money. There's a Senate and House to save.

"If the Koch brother network is not spending a billion bucks on the presidential race, then they're spending a billion bucks on congressional seats," said Ken Goldstein, a University of San Francisco politics professor.

TORSTAR NEWS SERVICE

Risky borrowers take on more debt

FINANCE

Sub-prime loans growing in Canada

Canada's riskiest borrowers are shouldering bigger debt burdens, pushing national average debt levels up nearly three per cent in the first quarter of 2016.

TransUnion's latest quarterly credit review found that the average Canadian's non-mortgage debt rose to $21,348 in the first quarter of 2016, up 2.7 per cent from the first quarter of 2015.

Borrowers classified as subprime by TransUnion's risk measure saw their average credit card balance grow by 5.7 per cent year-over-year to $6,601. The majority of borrowers, those with prime or above ratings, actually reduced their balances.

TransUnion found that balances on instalment loans — a relatively new high-interest product — grew 4.83 per cent year-over-year to an average $23,591. Individuals who do not qualify for lower interest bank loans are most likely to resort to these short-term loans, which can carry annual interest rates as high as 59.9 per cent.

Subprime borrowers comprise just 13 per cent of the 26 million credit profiles TransUnion tracks in Canada, said Jason Wang, TransUnion's director of research and analysis for Canada.

"Subprime has grown, but it is still very small," he said. "This is a relatively new trend … but it's not the end of the world."

TORSTAR NEWS SERVICE

Hudson's Bay is going Dutch

Hudson's Bay is expanding to the Netherlands. THE CANADIAN PRESS

Hudson's Bay Company, North America's oldest retailer, is setting up shop in the Netherlands.

The storied company announced Tuesday it is opening up to 20 stores in the country over the next two years as part of an aggressive European expansion plan.

It marks the first time the iconic Canadian brand, which was founded primarily as a fur trading company in 1670, is making its foray outside the country under the Bay banner.

Hudson's Bay is in the process of finalizing long-term leases, with the first locations expected to be open in the summer of 2017.

Its chairman said Netherlands was an obvious choice for expansion. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, May 18, 2016

ROSEMARY WESTWOOD ON JUSTIN'S 'UNOFFICIAL' SPOUSE

SOPHIE'S CHOICES ARE CLEAR

The media backlash against Sophie Gregoire Trudeau's request for a larger staff shows that the prime minister's wife has two options: **Be inconsequential or face the consequences.**

I feel for officially useless Sophie Gregoire Trudeau. She must have known there would be more days like this.

In the sequel to Nannygate, she told a Le Soleil reporter that she needs more help to respond to charities and nonprofits, and generally "serve the public." That was the spark that lit the fire — though it required a lot of hot air to really get the blaze going.

"We don't need a First Lady," said the Sun, and, for once, it's right. Good thing we don't have one. If we did, Gregoire Trudeau might be asking for Michelle Obama's 24-strong staff.

Others accused her of benefiting from another "entitled" government position, as if a spousal role to the prime minister were not also a government role. To say Canada has a "no official spouse" policy is tantamount to calling a tomato a fruit: objectively true, practically useless.

Of course spouses have political roles. We should be grateful they're not set in stone, that our prime ministers' wives have been able to choose how much free labour to undertake on behalf of Canadians while their husbands run the nation.

What seems to irk the irked is that Gregoire Trudeau is failing to count her blessings.

"And then here came Grégoire Trudeau — with two nannies at home, a cook, housekeepers and no official duties — lamenting about how she is overburdened," wrote Robyn Urback in the National Post. Well, those are not Sophie's staff and hers only. To say so is to suggest that, by virtue of being a woman, Sophie would naturally be in charge of all the cooking, cleaning and child rearing.

In truth, Sophie has a single assistant, and even one or two more wouldn't make her anomalous in our history. It might be more than Laureen Harper had (a fact I haven't been able to confirm but seems assumed by every conservative columnist and eager-to-pounce NDP critic) but it would match Mila Mulroney's three staff, never mind her office on Parliament Hill.

It's also overreaching — and patronizing — for pundits to suggest the people most offended by Sophie's request for help are other working mothers, to imagine them a unified group with unified anger. Some might be mad, some supportive, and none should be used as political pawns.

Some pundits seem to want Sophie Gregoire Trudeau to be a mom and homemaker and nothing else. ADRIAN WYLD/THE CANADIAN PRESS

But the real cause of all this backlash — surprise, surprise — is Sophie's husband. He once said that his family was rich and in need of less tax relief than less wealthy Canadians. That, to conservatives' ears, meant he was willing to pay his own way, and his wife's, while in government. Thus, taxpayers shouldn't have to cover his family's lifestyle. Or, apparently, his wife's public-service aims.

The suggestion is that our leaders' "entitlements" should be determined by how rich they are. Super rich? Pay for your own staff! Not-so-super rich? Oh, all right — we'll cover you. Oddly, no one has yet come forward with the appropriate net worth/staffing ratio.

What's clear is that Sophie won't soon escape from her critics. So let's end with some advice for you, Sophie, on how to please everyone. Shouldn't be too hard.

1. You can use your role to promote Canadian causes that everyone can agree are good (your choice of women's health and self-esteem is suitable), but do not expect any compensation or assistance. Truthfully, if you decide to be a stay-at-home mum and suspend any professional independence, that would be easier for all involved. Oh, and while you should always be with your kids, don't be photographed with them too much lest it be seen as political posturing.

2. Make a good aesthetic impression on our behalf at all times, but note that your expensive clothing in Vogue upset people. Then again, H&M and Joe Fresh aren't the most ethical. And naked is also not an option. Perhaps stay home?

3. Since you come off as elitist, do something common, like spontaneously bursting into song. Oh, wait….

4. Remember that you have no official role, and therefore no obligation to the Canadian public, except to follow these rules, and all the other unwritten ones.

5. Finally, know that your mere existence as a modern, professional woman with good looks, effervescence and style is too flashy for Canada and unsettling for the patriarchy. In the end, it might be better to resign from your non-existent role. In fact, better you never even tried.

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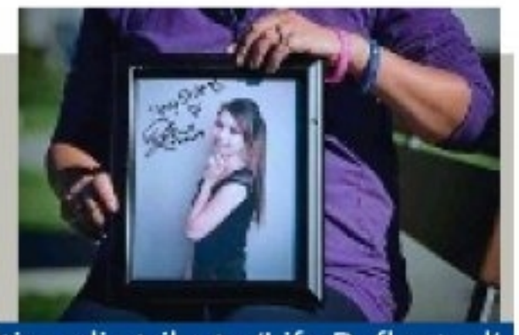

Words of Amanda Todd find new form in multimedia tribute 'Life Reflected'

BOOK EXCERPT **BATCH: OVER 200 RECIPES, TIPS & TECHNIQUES FOR A WELL PRESERVED KITCHEN**

Your new jam

Preserving is not just about jelly and pickles — Canadians Joel MacCharles and Dana Harrison give quick, easy and cheap meal ideas made from delicious local ingredients.

Applesauce

Yield: 7-8 pint jars
Effort: 1 hour
Elapsed: 2.5 hours
Eat within: 1-2 years

Ingredients:
- 12 lb apples, different types if possible
- 3 cinnamon sticks
- 12 whole cloves
- 1 cup honey
- ¼ cup fresh lemon juice

You will need:
- 2 pieces of cheesecloth

Start the sauce:

1. Core and peel the apples, setting the scraps aside for the vinegar.

2. In a high-speed blender, pulse the apples until the pieces are very small. The smaller the pieces, the faster they will cook.

3. Wrap the cinnamon sticks in one piece of the cheesecloth. Wrap the cloves in the second piece of cheesecloth and set the cloves aside.

4. Place the apple pieces in a large pot, add the honey and the wrapped cinnamon sticks, and bring to a simmer. Simmer uncovered for 30 minutes, stirring occasionally.

Process the sauce:

5. Prepare your canning pot and rack, and sterilize your jars and lids.

6. Add the wrapped cloves to the applesauce and continue to simmer uncovered for 30 minutes more.

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FOOD TREND

Finally, a cake that tastes like nothing

This year's answer to the cronut is an edible breast implant. Well done, humanity.

OK, it's actually called a raindrop cake and it's essentially a half-sphere of colourless, flavourless jelly that's supposed to look — and taste — like a large, freshly fallen raindrop. It's jiggly, smooth and delicate. When bitten, the raindrop yields a soft, melty texture that falls apart rather than giving off a chewy, bouncy, Jell-O-like texture. After 30 minutes or so, the whole thing is supposed to disintegrate. Yum!

The dessert has been making the rounds across international media outlets for the past two months, spurred on by New Yorker Darren Wong, who started selling it for $8 a pop at a Williamsburg (of course) food market called Smorgasburg in April.

A raindrop cake. TORSTAR

Raindrop Cake
Ingredients:
- 1 cup (250 mL) distilled water
- 1/8 tsp (0.5 mL) agar powder
- 1/2 tsp (2 mL) superfine sugar, optional
- 1 or 2 drops clear extract like peppermint, orange blossom or rosewater, optional

Directions:
1. In a small saucepan over low heat, pour in water and sprinkle in agar. Stir until agar has completely dissolved. Sprinkle in sugar and add extract, if using. Stir. Bring to a gentle simmer, stir and let cook for one minute.
2. Pour mixture into silicone hemisphere moulds or a small round rice bowl. Chill in fridge for one hour, or until mixture has set. Carefully remove from moulds and place on plates.
3. Top with desired toppings like sesame seeds, fruit puree or maple syrup. Serve immediately.

TORSTAR NEWS SERVICE

LIQUID ASSETS

Wash your barbecue down with the pink stuff

While I've already pushed the button on my gas grill a few times this year, for many Canadians the Victoria Day long weekend is the official start of barbecue season. I did a quick poll of friends to get their favourite things to throw on the coals and the unanimous answer was hamburgers and hotdogs; the kings of summertime comfort food.

Red wines made with the likes of Malbec, Zinfandel and Cabernet Sauvignon fit the bill for a nice pairing, as do lightly oaked Chardonnay-based whites. In the middle is rosé, the great liquid ambassador.

Kim Crawford's 2015 Pansy! Rosé ($16.49-$19.99), a blend of Malbec and Merlot from New Zealand's Hawkes Bay region, is a full-figured pink wine with more than enough chutzpah to meet any grilled meat main and its flavour-forward companions head on.

PETER ROCKWELL/METRO

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SO YOU WANT TO BE A RESTAURATEUR

Every summer, Algonquin College offers young people the chance to explore their futures through the school's Career Samplers for Youth.

A new sampler being offered this year is So You Want To Be a Restauranteur, which gives young people insight into the restaurant business by showing them the ingredients needed for a restaurant to be successful.

This week-long course teaches kids the basics about running a restaurant — everything from marketing, planning menus and setting the dining room to dealing with difficult customers and the basics of flambé. Most of the activities take place in the School of Hospitality and Tourism's Restaurant International.

Throughout the week, students work with professional chefs and culinary instructors and cap off the experience with a show and tell for their parents upon graduation.

"A lot of the students that take these programs end up coming into the School of Hospitality and Tourism to pursue full-time culinary careers," says Wes Wilkinson, academic manager at Algonquin College at Algonquin College, adding programs like So You Want To Be A Restaurateur certainly help to plant the seed of a culinary career.

CONTRIBUTED

- When: July 4-8, July 11-15, July 18-22 or July 25-29, Monday through Friday, 9 a.m. to 3 p.m.

Where: Algonquin College School of Hospitality and Tourism

- Ages: 12 through 17
- Cost: $395

For more information, visit algonquincollege.com/ccol.

A HIGH FIVE FOR DOVERCOURT

Dovercourt is well known for its wide array of popular sport and recreation problems but did you know it's also the only recreation association in Ottawa to have earned HIGH FIVE Accreditation?

HIGH FIVE is the only quality standard for children's sport and recreation in Canada.

It was launched over 20 years ago when its founders recognized the need for a set standard organizations should use to make sure kids are safe, happy and getting the most out of their experiences.

That means accredited organizations, like Dovercourt, represent the highest standard of excellence in youth sport and recreation in the country, as they focus on offering the highest recognized levels of quality and safety.

"Being HIGH FIVE Accredited has resulted in a shift to becoming very child-centered," says Robin Cloutier, Dovercourt's manager of programs.

"It means that the needs of each individual child are considered in every aspect of planning, preparation and delivery of our camps. Yes, our programs are awesome, but what we care about the most are the people."

CONTRIBUTED

Swim lessons

On top of the wide array of week-long summer camp programs Dovercourt Recreation Association offers, parents can also register for separate swim lessons for preschoolers and school age children.

The lessons are offered daily before or after camp and camp staff will be on hand to ensure the transition from swim to camp goes smoothly. For more information, visit dovercourt.org.

Calling all 12 - 17 year olds!! Check out

AC's Summer Career Samplers

Beauty & Style Learn make-up, nail & hair design tricks of the trade! $295/wk HOS0035

Cake Boss Perfect your cake decorating skills in this fun course. $395/wk GEN0283

Culinary Reality Series Experience a week in the life of a Junior Chef! $395/wk GEN0192

and Introducing...

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Week-long samplers are held in July and August in AC's world-class kitchen/ baking/esthetician/hair styling labs.

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History of giving the finest sports experiences

It's been more than 40 years that Carleton University Sports Camps have been providing kids aged four to 17 with the city's finest sports experiences.

"Great organization, great motivating and excellent teaching. My son, who doesn't like sports, loved it," says parent Vince Gravel, adding he will be definitely be returning this year.

Carleton U campers will play a wide variety of sports such as soccer, softball, badminton, basketball, European handball, fencing, football, field hockey, lacrosse, squash, tennis, ultimate Frisbee, volleyball and water polo.

There are also some exciting new activities this summer, like Tchoukball, table tennis and spikeball.

For those hoping to hone their skills in a particular sport, there are a number of single specialty camps as well for basketball, hockey, soccer, tennis, football, baseball and ringette. Each camp day also includes a swim and a delicious cafeteria lunch.

There is even the Mini Ravens Camp, which provides a full day of sports, swimming lessons and fun for kindergarten age kids.

The camps take advantage of the full range of Carleton University's first-class facilities, including the indoor turf fieldhouse, Ravens Nest and Norm Fenn Gyms, squash courts and fencing and combatives room.

Carleton university summer sports camp details
When: Monday through Friday from 8:30 a.m. to 4:30 p.m.
Pick-up and drop off: Carleton University Fieldhouse
Ages: six through 14
Price: $284.50 (*additional early and late care available for small fee)

Registration is now open for Carleton University Sports Camps. To register, or for more information, visit athletics.carleton.ca/camps or in person at the Welcome Centre in Alumni Hall.

Exercising body and mind

Carleton University Sports Camps offer a number of fantastic programs to exercise both the body and mind.

Combining world class athletics facilities with unique learning experiences in a university environment, campers can choose to participate in a half day of sports combined with a more academic experience through Creative Writing and Sports, Art and Sports or the new Earth Sciences and Sports camp.

On top of the popular Summer Camps, the school also offers March Break and Holiday Camps, as well as Youth and Children's programs and Lifesaving Camps.

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Tupac Shakur's Hummer H1 is heading to auction

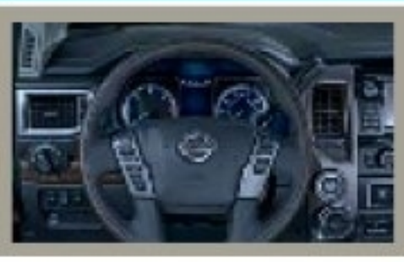
Titan XD can play with the best

ALL PHOTOS CONTRIBUTED

THE CHECKLIST | 2016 NISSAN TITAN HD

THE BASICS

Engine: 5.6-litre V8
Power: 390 hp and 597 kg/m of torque
Transmission: Seven-speed automatic.
Price: $45,900 to start.



LOVE IT
- Strong low-end pull
- Overall comfort
- Price point

LEAVE IT
- No larger fuel tank options

REVIEW

Heavy truck offers combo of comfort, power

Nissan knows it can't rely strictly on a brand name to sell its truck, because although the Cummins-powered Titan XD has garnered plenty of attention since it was launched, it will only be a small part of the brand's overall truck sales pie.

The brand wants us to think of the Titan as a heavy half-ton that offers the capability of an HD pickup. Base curb weight on the gas-powered truck is still a hefty 2,724 kilograms for the S model, though that is 272 kg lighter than the diesel-version.

The maximum payload on the gas-powered version comes in at 1177 kg with rear-wheel drive.

It's safe to say that this rig won't be easy on the wallet when it comes to fuel bills. Our day of driving had the internal readout ranging from 21.7 to 18.8 litres per 100 km, about what you'd expect from such a heavy truck.

It would also be nice to see a larger fuel tank option.

The lush rolling hills of Tennessee served as our test bed for this new powertrain, a 5.6-litre V8 with 390 horsepower and a seven-speed automatic transmission.

Though the displacement is the same as the V8 found in the previous Titan, this engine is heavily revised, with the biggest changes being the addition of direct injection and Nissan's proprietary VVEL (Variable Valve Event & Lift) technology. These changes help in low-end power delivery and overall refinement in the engine.

Though it is a heavy truck, the Titan XD isn't a slouch with this V8 under the hood, certainly offering more get-up-and-go than the big diesel. Also serving the power up well is the seven-speed transmission.

Loafing about the tight Tennessee roads through farm country, the Titan felt heavy, pushing when hustled through corners, but the most prevalent sensation is one of comfort. The cabin is nicely muted from the road and the heavy set nature of the truck allows it to feel absolutely planted to the ground in all situations, especially when cruising in a straight line at highway speeds.

Steering feel is on the light side for the Titan, while the brakes feel very strong, especially with no weight pushing from the rear end of the truck.

Nothing can upset the large, calm nature of this truck.

Nissan is claiming that the Titan XD is just as comfortable as modern half-tons, and it's not a lie.

With the Titan XD, Nissan has a fine product that is capable of playing on the big stage with best players in the game.

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5 CARS WE'RE SAD NO LONGER COME IN MANUAL

The manual transmission is a dying breed. Over the past decade, numerous automakers have begun phasing out manual for dual-clutch units and more fuel-efficient automatics. Tragically, that means many of our favourite sports cars are ushering in a new generation without a stick shift. Here are our picks for the top four cars we miss manual on — plus one that brought it back. AUTOGUIDE.COM

1 Ferrari — anything!

it is truly sad that even the best exotics in the world no longer offer manual transmissions. Although there are a few manual transmission Ferrari Californias roaming around, the last Ferrari most enthusiasts tie to a manual shifter is the 599.

2 Acura NSX

It might seem like it took forever to arrive, but the all-new Acura NSX is finally here and it's missing a manual transmission. Sadly, Acura's entire lineup now lacks a manual transmission and it appears the Japanese automaker has no intentions of going back. The NSX is so high-tech now a manual transmission just doesn't suit the car's philosophy any longer.

5 Porsche 911 GT3

When Porsche introduced its latest-generation 911 GT3 at the 2013 Geneva Motor Show, enthusiasts were appalled that there wasn't a manual transmission. Now, the automaker will re-introduce a manual transmission for its next-generation 911 GT3. The big question is, why aren't other automakers following in Porsche's footsteps?

4 Lamborghini — anything!

With the introduction of the Lamborghini Huracan, which replaced the Gallardo, Lamborghini decided to dump the manual transmission. Then-CEO Stephan Winkelmann said that nearly zero per cent of Gallardos were ordered with a manual transmission. When an order did come in, the automaker had to double check the order form to confirm that it wasn't a mistake.

3 Audi TT RS

Despite rumours the new Audi TT RS would come with a manual transmission, that is sadly not the case. The German automaker recently introduced the latest version of its hot sports coupe packing 400 horsepower from a 2.5-liter turbocharged five-cylinder engine, but no stick shift was in tow. The only transmission available now is Audi's slick seven-speed S Tronic.

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Oh hey, you're looking for the legal, right? Take a look; here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible rainchecked Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). ^Until May 31, 2016, lease a new 2016 F-150 SuperCrew 4x4 XLT 5.0L V8 300A with 53A Trailer Tow package for up to 36 months and get 0.99% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2016 F-150 SuperCrew 4x4 XLT 5.0L V8 300A with 53A Trailer Tow package with a value of $38,406 (after $2,895 down payment or equivalent trade in and Manufacturer Rebates of $3,750 deducted and including freight and air tax charges of $1,800) at 0.99% APR for up to 36 months with an optional buyout of $23,601, monthly payment is $432 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $199.38), total lease obligation is $18,447, interest cost of leasing is $919 or 0.99% APR. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 60,000 km for 36 months applies. Excess kilometrage charges are 16¢ per km, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. **Offer valid between May 3, 2016 and June 30, 2016 (the "Offer Period") to Canadian residents. Receive $750 towards the purchase or lease of a new 2015 F-150 (excluding Regular Cab XL 4x2 Value Leader); 2016 F-150 (excluding Regular Cab XL 4x2 Value Leader, F-250 to F-550 (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not rainchecked. ◊F-Series is the best-selling line of pickup trucks in Canada for 50 years in a row, based on Canadian Vehicle Manufacturers' Association statistical sales report up to 2015 year-end. †Based on results from the 2015 Vincentric model level analysis of the Canadian consumer market for the Full-Size 1/2-Ton Pickup segment. †When properly equipped. Max. payloads of 3,270 lbs/3,240 lbs with 5.0L Ti-VCT V8/3.5L V6 EcoBoost engines. Class is Full-Size Pickups under 8,500 lbs. GVWR based on Ford segmentation. ††Class is Full-Size Pickups under 8,500 lbs. GVWR, vs. 2015 competitors. Some driver input required. Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. ‡Class is Full-Size Pickups under 8,500 lbs. GVWR, vs. 2015 competitors. 6000-series aluminum alloy. ◊Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ® Registered trademark of Price Costco International, Inc. used under license. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

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Offers available from May 3 - 31, 2016. *Payments cannot be made on a weekly basis, for advertising purposes only. †No-charge extended warranty is valid for up to 60 months or 100,000 km (whichever occurs first) from the warranty start date and zero (0) kilometers. Some conditions/limitations apply. The No-charge extended warranty is the Nissan Added Security Plan ("ASP") and is administered by Nissan Canada Extended Services INC. ("NCESI"). In all provinces NCESI is the obligor. This offer includes the gold level of coverage. The offer is available on purchase lease or finance of a new 2015 Micra, 2016 Micra, 2015 Versa Note, 2016 Versa Note, 2015 Sentra, 2016 Sentra, 2015 Altima, 2016 Altima, 2016 Juke, 2016 Rogue, 2016 Murano, 2015 Pathfinder, 2016 Pathfinder. ‡2 Monthly payments on us is available to customers who lease or finance a new 2016 Micra, 2016 Sentra, 2016 Juke // 2015 Micra, 2015 Versa Note, 2016 Versa Note, 2015 Sentra, 2016 Altima, 2016 Murano, 2016 Rogue // 2015 Altima, 2015 Pathfinder, 2016 Pathfinder through NCF and refers to the first two (2) monthly lease payments or first two (2) monthly finance payments. A customer's first two monthly payments (inclusive of all taxes) will be waived, up to a maximum of $375 // $500 // $750 per month and does not include down payment or security deposits. After two months, the customer will be required to make all remaining regularly scheduled payments over the remaining term of the contract. Customers must be approved to lease or finance through NCF. Cash purchase buyers or buyers who finance outside of Nissan Finance are also not eligible for this choice. †My Choice bonus cash $750 // $750 // $1,000 // $1,000 // $1,000 // $1,500 is applicable to a new 2016 Micra // 2016 Sentra , 2016 Juke // 2016 Altima, 2016 Rogue, 2016 Murano // 2015 Micra, 2015 Versa Note, 2016 Versa Note // 2015 Sentra // 2015 Altima, 2015 Pathfinder, 2016 Pathfinder which will be deducted from the negotiated selling price before taxes. $750 // $750 //$1,000 // $1,000 // $1,000 // $1,500 consists of $600 // $500 // $700 // $850 //$1,000 // $1,200 NCI contribution and $150 // $250 //$300 // $150 // $0 // $300 dealer participation. †Representative finance offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00). Selling price is $25,874 financed at 0% APR equals 36 monthly payments of $719 monthly for a 36 month term. $0 down payment required. Cost of borrowing is $0 for a total obligation of $25,874. $1,000 My Choice bonus cash included in advertised offer. *Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00)/2016 Rogue S FWD CVT (Y6RG16 AA00)/2016 Rogue SV Special Edition FWD (Y6SG16 AA00)/2016 Sentra 1.8 S M6 (C4LG56 AA00)/2016 Murano S FWD (LXRG16 AA00). 0.99%/0%/0.99%/0.99%/2.99% lease APR for a 60/36/60/60/60 month term equals monthly payments of $258/$328/$289/$169/$346 with $0/$0/$0/$0/$0 down payment, and $0 security deposit. First monthly payment, down payment and $0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $15,460/$11,803/$17,354/$10,118/$20,748. 1,000/$1,000/$1,000/$750/$1,000 My Choice Bonus cash included in advertised offer. $100/$700 lease cash applicate on 2016 Rogue S FWD CVT (Y6RG16 AA00)/2016 Sentra 1.8 S M6 (C4LG56 AA00). ♦Models shown $37,474/$24,329/$45,924 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/ 2016 Sentra 1.8 SR CVT (C4SG16 AA00)/2016 Murano Platinum AWD (LXEG16 AA10). *=**Freight and PDE charges ($1,795/$1,600/$1,795) air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. 2016 Sentra/2016 Murano is recognized as IIHS top safety pick+ when equipped with Forward Emergency Braking. For more information see www.IIHS.org. 2016 Rogue recognized as IIHS top safety pick when equipped with Forward Emergency Braking. For more information see www.IIHS.org. ‡FEB cannot prevent accisents due to carelessness or dangerous driving techniques. It may not provide warning or braking in certain conditions. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

Guilia gets all the guts and glory

SUVS

Volkswagen teases out new seven-seat SUV

Volkswagen will build its upcoming seven-seat midsize SUV in the U.S. and the brand is giving us a hint as to what it will look like. Full-scale production will start later this year. Previous spy photos along with the 2013 VW CrossBlue Concept have already given us a fair idea of what the SUV will look like. The German brand, is trying to become more of a mainstream player in the U.S. market.

HANDOUT

BUGATTI

Savage sounds of the Chiron

The Bugatti Chiron makes news whenever it's seen in public because, besides the fact that it looks like a spaceship, it also sounds absolutely savage. The French hypercar's latest stop on its world tour was the International Vienna Motor Symposium, where all the latest engines debut. The symposium is the perfect place to show off the Chiron, which is powered by an 8.0-liter quad-turbocharged W16 that puts out 1,500 horsepower.

KEYSTONE VERSUS

WHEELS ROUND UP

News driving the auto industry brought to you by AutoGuide.com

HANDOUT

MEDICAL TRANSPORT

Alfa Romeo joins the force

Instead of being used for high-speed chases to catch bad guys, the Alfa Romeo Giulia will actually serve as a vehicle for emergency medical use, transporting organs and blood. And this isn't just your plain Jane, entry-level Giulia, the Italian police force is taking advantage of the Quadrifoglio's Ferrari-sourced twin-turbo V6 engine packing 505 horsepower to help save lives. It will also be used to help escort ceremonial cars. Outfitted with your typical police garb, the Alfa Romeo Giulia Quadrifoglio gets radios and lights, a portable defibrillator and LED flashlights in the doors. The automaker doesn't mention any performance upgrades to the car's brakes or engine, but it's unlikely that it's necessary considering that the Alfa Romeo Giulia Quadrifoglio holds the fastest sedan lap time at the Nurburgring.

TESLA MODEL X

Bioweapon defense mode put to the test

Is the Tesla Model X's Bioweapon Defense Mode just a marketing gimmick? The American automaker outfitted its latest model with a HEPA filtration system that is capable of stripping the outside air of pollen, bacteria and pollution before they enter the cabin, helping protect the Model X's occupants from the hazard of air pollution. Tesla claims that it is "hundreds of times more efficient than standard automotive filters." The Tesla Model X was placed in a large bubble and contaminated with extreme levels of pollution. In less than two minutes, the HEPAfiltration system scrubbed the air in the Model X, bringing pollution levels to as low as being undetectable.

GETTY IMAGES

IN BRIEF

Ford Straps EcoBoost Power to Skateboard, Blender

Ford's strategy of adding its lineup of turbocharged EcoBoost engines to everything is getting a little out of hand. For its latest ad campaign, Ford used its 1.0-litre three-cylinder EcoBoost engine to power a few different devices, including a blender, a pitching machine and even a skateboard. Ford enlisted actor Dolph Lundgren as a spokesman for the small turbo engine in the spots.

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 48 month lease for 2016 Chevrolet (Cruze LT Auto 1SD/Malibu LT 1LT+WPJ). Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of $895/$0 and/or $0 security deposit is required. Total obligation is $13,215/$18,121. Option to purchase at lease end is $9,658/$9,797. Excess wear and tear and km charges not included. Other lease options are available. *Offer applies to the purchase of 2016 Chevrolet Trax LS FWD 1LS+MNK+C60. ‡0% purchase financing offered by GM Canada for 84 months on 2016 Chevrolet (Trax LS FWD 1LS+MNK+C60/Equinox LS FWD 1LS). O.A.C by RBC Royal Bank/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: $10,000 at 0%/5.22%/3.45% APR, monthly payment is $119.05/$142.38/$134.17 for 84 months. Cost of borrowing is $0/$1,959.92/$1,270.28, total obligation is $10,000/$11,959.92/$11,270.28. Down payment and/or trade may be required. Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Bi-weekly payment based on a purchase price of $22,695/$26,795 with $0/$1,300 down payment. ♦♦$3,700 is a manufacturer-to-dealer delivery credit (tax exclusive) for 2016 Chevrolet Trax (excluding LTZ FWD) and is reflected in offers in this advertisement. Such credit is available only for cash purchase and by selecting lease or finance offers, consumers are foregoing such credit which will result in higher effective interest rates. Other cash credits are available on most models. See dealer for details. **2** Offer applies to individuals who apply for a Scotiabank® GM® Visa Card (GM Card) or current Scotiabank® GM® Visa Cardholders. Credit valid towards the retail purchase or lease of one eligible 2016 model year Chevrolet/Buick/GMC/Cadillac delivered in Canada from May 3, 2016 – May 31, 2016. Credit is a manufacturer-to-consumer incentive (tax inclusive) and credit value depends on model purchased: $500 credit available on: Chevrolet Camaro, Sonic, Cruze, Cruze Limited, Malibu (excluding L model), Volt (including 2017 MY Volt) and Trax, Buick Verano and Encore; $750 credit available on: Chevrolet Impala, Equinox, Express, Traverse and Colorado (except 2SA), Suburban, Tahoe, Buick Regal, LaCrosse and Enclave, GMC Terrain, Acadia, and Canyon (except 2SA), Savana, Yukon, and Yukon XL; $1,000 credit available on: Chevrolet Silverado, Silverado HD, GMC Sierra, Sierra HD. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Company (GM Canada) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GM Canada dealer for details. GM Canada reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. ▼/*/‡/♦♦/2/***Freight & PDI ($1,600/$1,650/$1,700/$1,700), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2016 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GM Canada may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2016 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 48,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. GM Canada reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details. ◊Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). ©Based on 2016 Insurance Institute for Highway Safety (IIHS) testing. ΔEPA estimated. **1** Offer valid to eligible retail lessees in Canada who have entered into a lease agreement with GM Financial and accept delivery from May 3, 2016 – May 31, 2016 of a new or demonstrator 2016 model year Chevrolet, Buick, GMC car or crossover (except 2016 MY Chevrolet Colorado 2SA and GMC Canyon). General Motors of Canada Company will pay one month's lease payment or two bi-weekly lease payments as defined on the lease agreement (inclusive of taxes and any applicable pro-rata amount normally due at lease delivery as defined on the lease agreement). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. Consumer may be required to pay Dealer Fees. Insurance, PPSA, licence, and applicable taxes not included. Additional conditions and limitations apply. GM reserves the right to modify or terminate this offer at any time without prior notice. See dealer for details.

metro SPORTS

Canada's winning streak at the world championship ended at 16 games after a 4-0 loss to Finland in its preliminary-round finale Tuesday

Pointing the way

NBA PLAYOFFS

All-star ones lead their teams deep in post-season

Kyrie Irving, from top, Russell Westbrook and Stephen Curry, along with the Raptors' Kyle Lowry, are the four remaining starting point guards in the playoffs. ALL PHOTOS GETTY IMAGES

LeBron James is fond of saying that today's NBA is driven by point guards.

Looks like he's right.

A superstar foursome of all-star point guards are left in the NBA playoffs. In the Eastern Conference final it's Toronto's Kyle Lowry versus Cleveland's Kyrie Irving. Out in the Western Conference final it's Oklahoma City's Russell Westbrook versus Golden State's Stephen Curry.

And in about a month, one of them will be holding the Larry O'Brien Trophy in a championship celebration.

"It's no surprise at all," said James, the Cleveland star looking for his sixth consecutive trip to the NBA Finals. "It's arguably, probably, the four best point guards we have in our league, obviously missing, outside of, Chris Paul. Lowry, Steph, Russ and Ky — I'll take those four guys."

An average night so far this season for Lowry, Irving, Westbrook and Curry: 23.9 points, 7.3 assists. Heading into Tuesday's night game between Toronto and Cleveland, those four point guards were leading teams to wins in exactly three out of every four games they play this season.

"It's a perfect match of what I've been saying," James said.

Lowry led Toronto into its first East final by leading the Raptors past Miami in a seven-game semifinal slugfest. He had a total of 25 points in the first two games of that series, then went off for 139 in the final five contests.

Irving was 18-3 as a starter in the post-season, 8-0 through the first two rounds of this year's playoffs for the Cavaliers. Westbrook, who helped Oklahoma City steal Game 1 from Golden State on Monday night, might be the fastest and most explosive point guard, a matchup nightmare who helped engineer the Thunder's ouster of San Antonio. And Curry is only the two-time reigning MVP, the game's most prolific shooter who connected on a record-by-a-mile 402 threes this season and is seeking a second straight NBA title.

18

Westbrook recorded 18 triple-doubles this season.

This lineup of point guards takes Raptors coach Dwane Casey back a generation, when it seemed to him like a John Stockton or Magic Johnson or Kevin Johnson would find their way into just about every big game.

"It's fun to see. I think it's great for the league to have guys like Kyle and Kyrie and Westbrook and those guys performing at such a high level," Casey said Monday. "Your team is as good as your point guard is. Not just scoring, but the way he leads your team, the way he sets the tone defensively, the way he runs the show offensively. It's fun to see the way the game is being dictated by the great point guards that are left in the final four." THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Cavaliers-Raptors Game 1 on Tuesday.

MLB

Rangers' Odor gets 8 games for punch

Texas second baseman Rougned Odor was given an eight-game suspension Tuesday while Toronto manager John Gibbons and pitcher Jesse Chavez each received three-game bans for their actions in a weekend game between the Rangers and Blue Jays.

A total of 14 players and staff members from the two teams were disciplined, Major League Baseball said in a statement Tuesday evening.

Odor, who delivered a punch to the jaw of Blue Jays slugger Jose Bautista, was suspended for fighting in the top of the eighth inning in Sunday's game. The incident started a bench-clearing melee at Globe Life Park in Arlington.

Chavez was disciplined for intentionally throwing at Prince Fielder in the bottom of the inning with warnings in place for both sides.

Rangers shortstop Elvis Andrus was given a one-game suspension for "aggressive actions" during the incident while Bautista was given a one-game ban for his on-field actions and for his post-game comments.

Gibbons, who returned to the field after being ejected earlier in the game, confirmed before Tuesday night's game against Tampa Bay that he was also fined $5,000 US. Toronto first base coach Tim Leiper received a one-game suspension and received an undisclosed fine. THE CANADIAN PRESS

John Gibbons
THE CANADIAN PRESS

IN BRIEF

MLB-worst Braves fire skip

The Atlanta Braves fired manager Fredi Gonzalez, who couldn't survive the worst record in the majors.

Braves general manager John Coppolella confirmed the firing of Gonzalez on Tuesday. This was Gonzalez's sixth season with the Braves. Entering Tuesday, they had lost eight of 10 and owned the worst record at 9-28, already 13-1/2 games out of first place in the NL East. THE ASSOCIATED PRESS

76ers get rare victory scoring No. 1 draft pick

The Philadelphia 76ers have won the NBA draft lottery and will have the No. 1 pick in June.

The Los Angeles Lakers finished second Tuesday night. They would have dealt their pick to Philadelphia had they fallen out of the top three. The Toronto Raptors received the ninth pick as part of a past trade with the New York Knicks. THE ASSOCIATED PRESS

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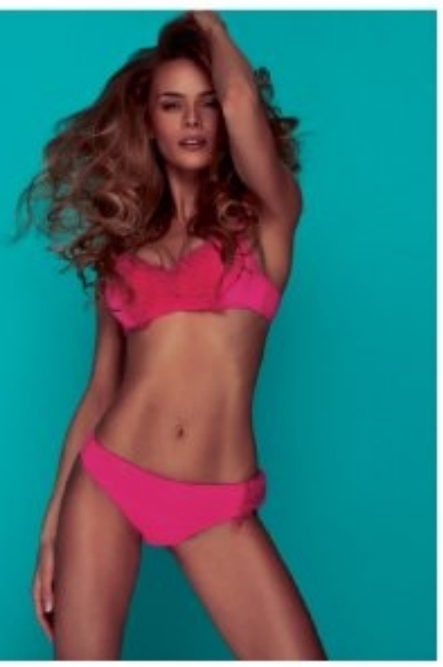

RECIPE Salmon Parcels

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Unwrap a healthy dinner of fish and crisp veggies. Steam some rice if you feel like a bit more heft.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes

Ingredients
- 2 salmon filets
- 1/2 carrot, cut into matchsticks
- 1 red or yellow pepper, cut into matchsticks
- 1 baby bok choy, the white part cut into matchsticks, the green part cut into ribbons
- 1 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 1 tsp low sodium soy sauce
- 1 tsp ginger, minced

Directions

1. Preheat your oven to 400 degrees. Whisk together oil, vinegar, soy sauce and minced ginger and toss with your veggies

2. Cut two square pieces of parchment, each piece about 12" by 18" square then cut the largest heart shape you can within the squares. Fold it in half down the middle and make a crease

3. Working on a baking sheet, place your parchment down and put half of your veggies down on one half of the heart. Then place one piece of fish on top of the veggie bed. Fold the heart closed and fold and pleat the edges until it is sealed. There will be a little bit at the end that you'll have to tuck under. Repeat with your second parchment.

4. Bake for 15 minutes. Remove and place parcels onto a plate and carefully slice open.

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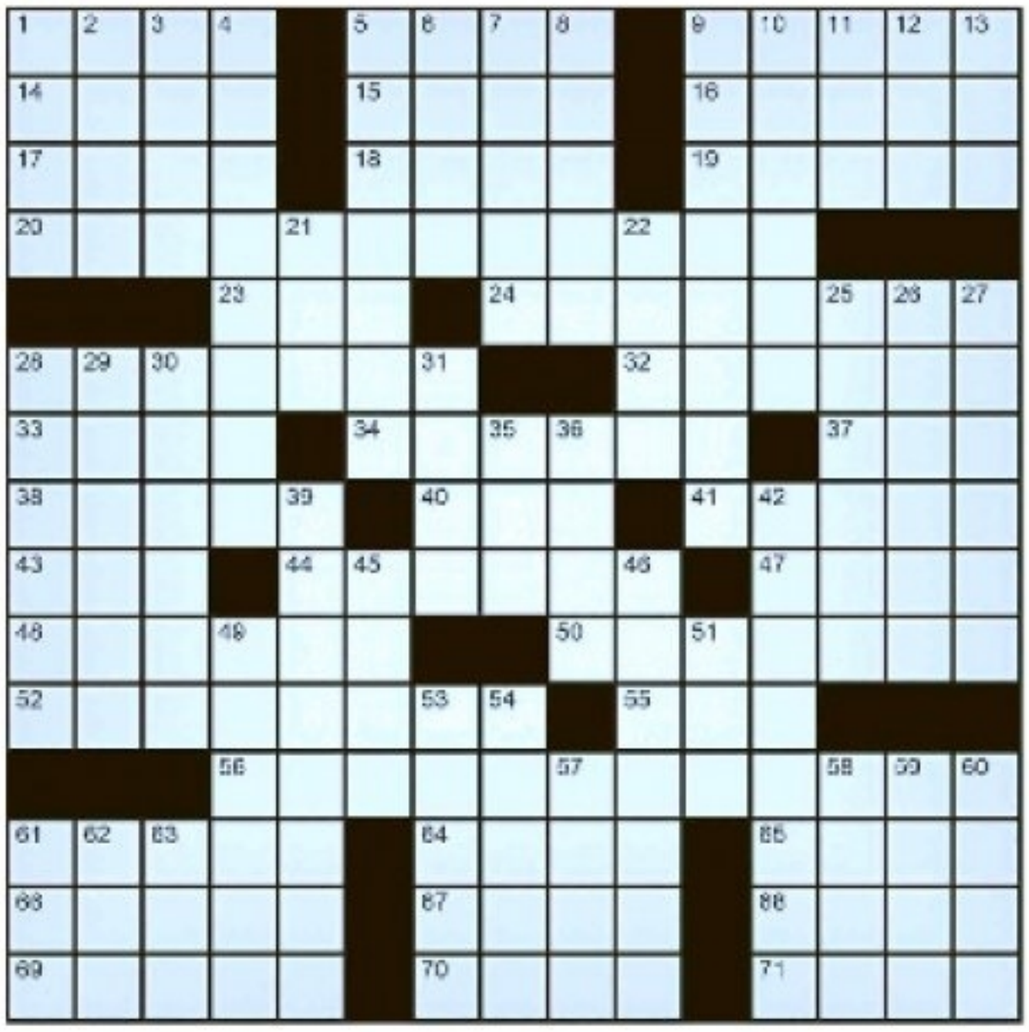
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Tailoring crease
5. Moves to the jazzy music
9. Vermicelli or penne
14. __-gravity
15. Soup vegetable
16. MC Hammer's "__ Touch This"
17. Suffix with 'Problem'
18. Surprise military attack
19. Watch the big game on one in a sports bar, e.g.
20. Sainte-Helene-de-__, Quebec
23. Pickle jar topper
24. Longing
28. Royal LePage employee
32. Permanent-on-a-person picture
33. Shania Twain album: 'The Woman __'
34. U2's drummer, Larry __ Jr.
37. From __ Z
38. Movie genre
40. "Oh, give __ home where the buffalo roam..."
41. Caffeine nuts
43. "Ich bin __ Berliner." - JFK
44. __-Robbins (Ice cream chain)
47. Loot load
48. Crosses to bear
50. Shreddies and Cheerios
52. Harvey's fare: 2 wds.
55. 'Edmonton' suffix (Denizen of Alberta's capital)
56. Rachel McAdams stars as a TV producer in this 2010 comedy: 2 wds.
61. "__ a Symphony" by The Supremes
64. Ms. Remini
65. Succulent plant
66. Portia's "Ally McBeal" character
67. Stare
68. Bark-made cloth
69. Ms. Kardashian
70. Blue dyestuff
71. Samuel L. Jackson film, "__ Bayou" (1997)

DOWN
1. Swedish auto
2. Intermission, __'acte
3. "It's __!" (3-3 game exclamation)
4. Victor __ (Member of Canadian pop/opera quartet The Tenors)
5. "Yawnsville." reason
6. "That's fine."
7. PCO = __ Council Office
8. The Beatles' "Sexy __"
9. Show who's boss: 2 wds.
10. Highlight
11. Blue
12. "Ka-boom!" causer
13. Four-wheeler, e.g.
21. Young fox
22. Behind
25. Canadian actress Ms. Ricci
26. Less than one hundred percent: 2 wds.
27. Canada __ (Belonging to a Canuck bird)
28. "300: __ an Empire" (2014)
29. Spanish dramatist, Juan del __
30. Grade above B Plus, __
31. Servings in saloons
35. Currency in Albania
36. Secular
39. 'Relief' follows this spelling rule ...but 'Receive' doesn't: letter + word + letter
42. Store sign appreciated by a night owl: 2 wds.
45. Biblical instrument
46. Made a horse sound
49. Manitoba: __ __ Provincial Park
51. __ doll
53. Not set loudly, as a radio: 2 wds.
54. San __, California
57. "The Lion King" (1994) lioness
58. Antarctica's Prince __ Coast
59. Knot-maker's need
60. Fancy 'fors'
61. Pen's liquid
62. Scheming laugh half
63. L ...spelled out

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Upsets with spouses, partners and close friends are likely today. Therefore, don't jump the gun. Wait to hear what others have to say before you react.

Taurus April 21 - May 21
Be patient with co-workers today to avoid upsets. Nevertheless, your day will be interrupted by computer crashes, power outages, fire alarms, staff shortages or canceled appointments.

Gemini May 22 - June 21
This is a mildly accident-prone day for your kids, which means if you are a parent, be vigilant. Likewise, if you work with children, make sure they are free from hazardous situations.

Cancer June 22 - July 23
Small appliances might break down today, or minor breakages could occur — something will interrupt your home routine. Someone unexpected might knock on your door.

Leo July 24 - Aug. 23
This is a mildly accident-prone day for your sign, so pay attention to everything you say and do. Think before you act. Guard against knee-jerk reactions.

Virgo Aug. 24 - Sept. 23
You might find money today, or you might lose money. This is because something having to do with your financial situation is unpredictable. Guard your possessions against loss, theft or breakage.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign sitting opposite unpredictable Uranus. Therefore, expect disruptions to your day. You might be obsessed with something unusual. (Easy does it.)

Scorpio Oct. 24 - Nov. 22
You feel restless today. You have the feeling that you're waiting for the other shoe to drop. Don't worry, because many people feel this way today. It is what it is.

Sagittarius Nov. 23 - Dec. 21
A friend or a member of a group might say or do something that surprises you. Alternatively, you might meet a real character today — someone who is bohemian or avant-garde.

Capricorn Dec. 22 - Jan. 20
You feel defiant when dealing with authority figures today. This is why you don't want anyone bossing you around or telling you what to do. (Remember the power of courtesy.)

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day for your sign; therefore, be careful. Expect travel cancellations or changes. Yikes.

Pisces
Feb. 20 - March 20
You might be caught off guard with a decision regarding inheritances or shared property today. Be prepared for something from out of the blue that could affect how you financially relate to others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2	8				6			5
						6		1
	7		4					
6			9		2	8		
		7	3		4			9
					3		1	
8		3						
1			8				5	4

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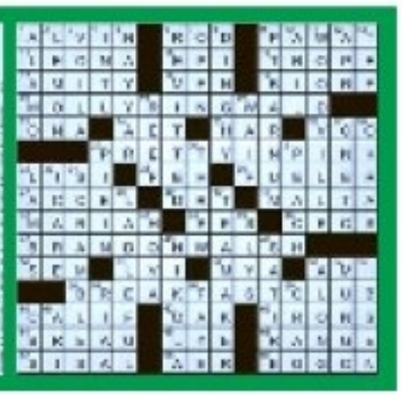
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

5	8	9	1	3	4	7	6	2
3	4	2	7	6	8	5	9	1
1	7	6	9	5	2	4	3	8
8	3	5	4	2	9	1	7	6
6	9	7	5	8	1	2	4	3
2	1	4	6	7	3	8	5	9
7	2	8	3	4	6	9	1	5
4	6	1	2	9	5	3	8	7
9	5	3	8	1	7	6	2	4



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